

Title: The awareness of the nourishment and the eating habits of the older school age children at the chosen primary schools.

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Abstract:

This Bachelor work is divided into two parts. The theoretical part is intent on problems of eating, on the particular components of the nourishment and explaining of their importance in referring to the specific age of children. Then there are elucidated concepts of boarding with a view to the specific needs in the nourishment of the older school age children and described the importance of observing of the boarding habits in connection with some disorders of food intake and the obesity.

The aim of the empiric part of this work is to map the pupils' knowledges in the area of the nourishment and get some information about their eating habits and to make a discovery whether there exists an affinity between children's knowledges in the area of the nourishment and the way of their fare and their nutritive preferences. The acquiring of the information was realized through the mediation of an anonymous halfstructured questionnaire of the pupils of the 7th – 9th classes at some choosen primary schools.

Key words: food, nutrition, eating, habit, children